



ADD-vance

The ADD-vance ADHD and Autism Trust
Reg. Charity No. 1158968

FREE ONLINE Introductory 6-Week Courses for Parent/Carers

Understanding ADHD and Autism

This introductory course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 12 x 1 hour sessions or 6 x 2 hour sessions over six weeks. All sessions must be attended.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Six separate courses will be running on the following dates:

Mondays and Wednesdays 13th July to 19th August 10 – 11am

Tuesdays and Thursdays 14th July to 20th August 10 – 11am

Tuesdays and Thursdays 14th July to 20th August 7.30 - 8.30pm

Wednesdays and Fridays 22nd July to 28th August 1.30 – 2.30pm (parent/carers of girls)

Saturdays 18th July to 22nd August 2 – 4pm

Saturdays 18th July to 22nd August 2 – 4pm (Dads only)

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>. Bookings open on Friday 3rd July 2020 at 1 pm.

These courses are funded by Herts County Council and are open to residents of Hertfordshire only.

Registered Office: Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN

Helpline: 01727 833963

Email: Herts@add-vance.org Web: www.add-vance.org



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FREE ONLINE 6-Week Courses for Parent/Carers of Teens

Understanding Teens with ADHD and Autism

This course is designed for parent/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 12 participants. They will run as a series of 12 x 1 hour sessions over six weeks. All sessions must be attended.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Two separate courses will be running on the following dates:

Mondays and Wednesdays 20th July to 26th August 10 – 11am
Tuesdays and Thursdays 21st July to 27th August 1.30 – 2.30pm

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>. Bookings open on Friday 3rd July 2020 at 1 pm.

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